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| Course Title | Ayurveda: The Science of Wellness- Basic |
| Course Code | SKF-DC-1026-1 |
| Contact Hr | 1 (1L-0T-0P) |
| Learning Hours | 15 Hours |

Course Overview

- This curriculum offers a comprehensive introduction to Ayurveda as an Indic science, exploring its foundational principles and philosophy.
- Designed for undergraduate and postgraduate students, it addresses both academic and future professional needs.
- The modules promote awareness and practical application of Ayurveda for holistic wellbeing—physical, psychological, spiritual, and social.
- Rooted in Bharatiya wisdom, the course encourages an introspective journey to unlock the full potential of body, mind, and soul.

Course Objective(s)

- This is a basic-level course that will introduce you to the fundamental principles and key concepts of Ayurveda.

Course Outcome(s)

At the end of the course the student will gain;

- **Exposure and Awareness:** Learners will gain a profound exposure to and awareness of the principles of Ayurveda according to Charaka Samhita and Sushruta Samhita.



- Contemporary Relevance: Learners will understand how Ayurvedic teachings are relevant and applicable in modern times, bridging the gap between ancient wisdom and current challenges.
- Intellectual Enrichment: The course will enrich learners' intellectual horizons, expanding their understanding and appreciation of Ayurveda.
- Holistic Perspective: Learners will be inspired to develop a holistic approach to life and its components as well as acquire an Indic perspective on health and wellbeing.

Curriculum

Unit I-a: Introduction to Ayurveda (6)

- History and Philosophy of Ayurveda: Overview of the origin and evolution of Ayurveda, available literature, its objective, the foundational concept of 'Trisutra' (Ayurveda in a nutshell) and its purpose in and relevance to modern society. ● Decoding 'Trisutra' in detail. Definition of 'Swastha', health, and its characteristics.
- Examination of terminologies such as 'Ayu' and 'Ayurveda,' and the principle called 'Tridanda Siddhanta'.
- Gross understanding of the eight limbs of Ayurveda, i.e., 'Ashtanga Ayurveda' and expanding the 6 'Padarthas': 'Samanya Vishesh Siddhanta', the theory of similarity and speciality, with various examples to learn its application. Brief note on 'Loka Purusha Samya Vada'.
- Strengthening basic vocabulary: 'Guna', 'Karma' and 'Dravya'. Learning about the nine primordial substances 'Nava Karana Dravyas' (including 'Panchamahabhuta Siddhanta'), twenty qualities 'Vimshati gunas'. ● Summarizing the purpose of Ayurveda through well established principles learned thus far. 'Dhatu Samya'

Unit I-b: Key Concepts of Ayurveda (6)



- Using the basic vocabulary and principles to build on core concepts. 'Tridosha Siddhanta': gross location of doshas, and their 'guna' and 'karma'. Brief note on Manasika doshas.
- 'The Doshik Clock': establishing the relationship between predominance of doshas and time, age, and digestion.
- Understanding 'Agni' and 'Koshta' with respect to body constitution 'Prakriti'. Formation and types of 'Prakriti'. • Concept of 'Dhatu' and 'Mala': with application of 'Samanya Visheshha Siddhanta'. Relationship between 'Dosha' and 'Dhatu' • Understanding 'Rasa', its origin, types, qualities and actions, and its relation with 'Doshas', 'Dhatu', 'Panchamahabhutas', and digestion. Basic knowledge of 'Virya' and 'Vipaka'. • Classification of 'Dravyas', understanding 'Desha' with respect to 'Dosha'.

Unit II-a: Disease and Management Principles (6)

- Classification of 'Rogas' based on prognosis.
- 'Padachatushtayam' the 4 pillars to management of disease.
- 'Trividha hetu' understanding the root cause of illness.
- Examination of 'Roga', disease, and 'Rogi', diseased with examples.
- 'Achara Rasayana' A holistic mantra for maintenance of health.
- Ultimate treatments for each 'Dosha'. Agrya Dravyas

Unit II-b: Dosha-wise treatment (5)

- 'Dvidivhopakramaniya' Two types of Treatment and connecting to 'Samanya Visheshha Siddhanta'.
- 'Vata' treatment
- 'Pitta' treatment
- 'Kapha' treatment

Unit III-a: Holistic Wellness (3)

- Components of a Holistic treatment. (daiva, yukti, sattvavajaya)
- Principles of managing Mental Illness • Expanding 'Trividha Ayatana' Importance of appropriate union. 'Samyak Yoga'

Unit III-b: How to Manage Personal life with Ayurveda (5)



- 'Tisraishaniya' Three desires of life. • 'Trayopasthambha': 'Ahara' • 'Nidra' and 'Abrahmacharya' • How to achieve the 3 desires with the support of three pillars? 'Dinacharya' and 'Rutucharya'.

References

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